Best Migraine Treatment in Gwalior | Dr. Kanika Sethi – Consultant Physician

Migraine is not just a simple headache — it is a neurological condition that affects millions of people worldwide. Characterized by intense, throbbing pain on one side of the head, migraines can significantly impact your daily routine and quality of life. According to Dr. Kanika Sethi, one of the leading physicians in **Gwalior**, early diagnosis and proper management can help control the frequency and severity of migraine attacks.

4 Stages of Migraine

Migraines typically occur in **four stages**, though not everyone experiences all of them:

1. Prodrome (Early Warning Stage)

This stage occurs hours or even days before a migraine attack.
Common symptoms include:

- Mood changes or irritability
- Neck stiffness
- Food cravings
- Fatigue or difficulty concentrating

2. Aura Stage

Aura is experienced by some patients before or during a migraine attack.
Symptoms may include:

- Visual disturbances (flashing lights or blind spots)
- Tingling sensations
- Numbness in the face or hands
- Temporary speech problems

3. Attack Stage

This is the main migraine phase, lasting from 4 to 72 hours.
Symptoms include:

- Severe headache (usually on one side)
- Nausea or vomiting
- Sensitivity to light, sound, or smell

4. Postdrome Stage

After the headache subsides, many people experience the postdrome phase.
Common symptoms:

- Fatigue or weakness
- Muscle stiffness
- Mood swings or confusion

What Causes Migraine?

Migraines can be triggered by various factors, including:

- Stress and anxiety
- Hormonal changes
- Irregular sleep patterns
- Skipping meals or dehydration
- Strong smells or loud noises
- Certain foods like cheese, caffeine, or chocolate

Migraine Diagnosis and Treatment

Dr. Kanika Sethi emphasizes that timely consultation is key to effective migraine management.
Treatment options include:

- Medication to relieve pain and prevent attacks
- Lifestyle modifications
- Stress management and relaxation therapy
- Regular hydration and proper sleep routine

If you are suffering from **frequent headaches or migraine symptoms**, it's important to consult a doctor for a proper diagnosis and customized treatment plan.

Prevention Tips

- Maintain a regular sleep schedule
- Eat balanced, timely meals
- Stay hydrated
- Avoid excessive caffeine
- Manage stress with yoga or meditation

Consult the Best Migraine Specialist in Gwalior

If you are struggling with migraine pain, **Dr. Kanika Sethi**, MBBS, MD (Medicine), Gold Medalist, and Consultant Physician at **GRMC and JAH Hospital, Gwalior**, offers expert diagnosis and effective treatment.

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